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UNITED STATES KARATE ALLIANCE

BUSHIDO BULLETIN

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Directors: James H. Hawkes & Dr. David Jordan

THREE RETURNING CHAMPS SUCCESSFULLY DEFEND TITLES AT NATIONALS

by Rick Nathanson, 7th Dan

Adrian Galvan, Greg Holmes and Karra Colgan held onto their titles at the 2009 United States Karate Alliance Nationals held recently in Albuquerque, N.M. **Mr. Galvan,** 24, again won the Men's Kumite Grand Championship. Although automatically seeded into the finals, he decided to fight earlier in the day, ultimately winning the heavy weight division.

Adrian Galvan & Jeff Crothers

"I feel it's important to get the ring time in," he said. "I know I could have lost and then I wouldn't have been in the finals at all. That's a risk I took. I figured I was here, so I might as well do it. I can't stress how important it is to get your timing and rhythm down, and nothing else can simulate ring time"

In the finals, Mr. Galvan, of The Colony, Texas, fought **Dominic Laureano** and **Jeff Crothers**, both of California.

"Dominic won the light weight division and he is very fast. He comes off the line really explosively so I had to keep the right distance from him and open the gap," said Mr. Galvan, who won the match with a combination of backfists, side kicks and reverse punches.

Mr. Crothers is also "very fast" he said, and in addition has impeccable timing. "He really brings out the best in me. His reverse punch and counter reverse punch are dangerous, so I stayed

JAMES LEE KARATE
MOST SUPPORTIVE SCHOOL

Congratulations to James Lee's Karate of Eagle, Colorado. James Lee accepted the award for the Most Supportive USKA School at the 2009 USKA Nationals. Mr. Lee is the owner and chief instructor of James Lee's Karate. He is a Tae Kwon Do stylist under the instruction of Joe Dupaquier of Mandeville, Louisiana.

James Lee's students are very motivated and love participating in the variety of classes that he offers. They enjoy traveling to tournaments and seminars not only to participate, but also to observe, volunteer, officiate, and interact with other martial artists of all styles. As members of the Alliance, they are exposed to the "big picture" in the world of martial arts, and seem to garner more from their training sessions and have been inspired to ask many questions. Students from other schools that meet his students at Alliance functions have commented on their helpfulness and knowledge.

Thank you, James Lee Karate, for sharing of yourselves and for your continued support.

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Be sure to mention the group rate for the
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Kata * Kumite * Kobudo * Team Competition
Continuous Sparring * Sport Chanbara
Musical Forms & Koshiki * Ippon Kumite

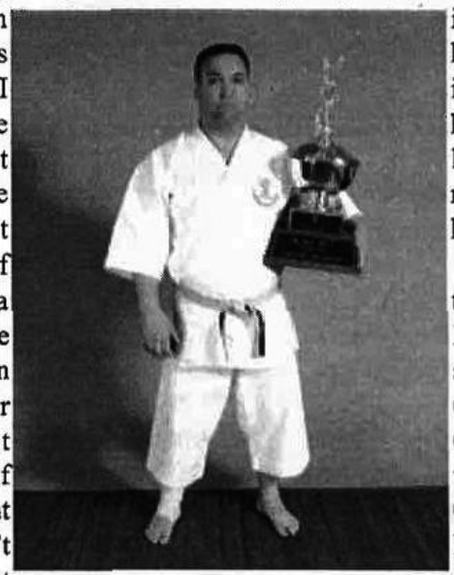
Her winning weapons kata was "Bassai Dai" with war fans, or tessen. Unlike last year, when she performed the same kata, this year she put blades on her fans.

"'Bassai Dai' is not that hard to modify for the fans," Ms. Colgan said. "I've pretty much been left on my own to figure out what to do with the fans. I haven't had anyone to teach me so it was just a matter of playing around with movements in the dojo and figuring out what would work. I'm using blades this year because I know some people don't understand the fans and don't really think of them as a weapon. With the blades people can now better visualize what I'm doing, and if I mess up I'll cut myself. I haven't done that yet, but I carry Band Aids with me," she joked.

Karra Colgan

Ms. Colgan, 28, also competed in the brown belt sparring competition at Nationals and won second place. She lives in Highland, Calif., where she studies at the Shozen Martial Arts USA dojo under her husband, **Mark Colgan.**

The Black Belt Forms Grand Champion trophy was awarded to **Dejan Rajic** for his performance of "Suparinpei." An Okinawan Goju-Ryu stylist, Mr. Rajic said the kata is one of the highest level forms in his system and he particularly likes the sanchin movements in the kata.



Dejan Rajic

"Suparinpei" translates to "108 Movements," he said. "It's an old Chinese White Crane kata that was brought to Okinawa by Kanryo Higaonna Sensei, and has been practiced in Okinawa ever since the late 1800s."

just outside his distance and then I'd feint, like I was going to move back. That would draw him in and then I would go."

Mr. Galvan said he relied mostly on backfist and ridge-hand techniques to beat Mr. Crothers. "I wanted to switch it up with him and use some feet, but he didn't give me the opportunity," he said.

Mr. Galvan studies under his father, **Juan Galvan**, at Master Juan's Tae Kwon Do. He is also a Shorei-Goju stylist under **Tom Pisut**.

Greg Holmes

Greg Holmes, a dual winner from last year, retained his Black Belt Grand Champion Weapons title but, he said, "came up a little short in the runoff " for empty hand kata, relinquishing that title to fellow Arizonan Dejan Rajic.

Mr. Holmes' winning weapons katas were "Odo No Nunchaku" and "Tokumine Nokun Ni," the same ones he relied on to win the title last year. "The bo and nunchaku are so drastically different in terms of the weapons theory that they serve as a nice complement to one another," he said. "One is really a continuous motion weapon and the other is a hard-start-and-stop focused weapon. They are my favorite weapons and they show my diversity as a weapons practitioner."

This is the fourth time Mr. Holmes has won the weapons grand championship at Nationals. He won in 2005 and 2006, then lost to his weapons instructor, **Mr. Bruce Heilman**, in 2007, and then won the title back in 2008 and held on to it in 2009.

Mr. Holmes, who works as an auditor for the city of Phoenix, teaches at the Bushido Academy in Chandler, Ariz.. His karate instructor is **Milt Calander**.

Karra Colgan retained her Adult Kyu Weapons Grand Champion title from last year and added the second title of Adult Kyu Kata Grand Champion.

She performed the empty hand kata, "Go Pai Sho," or "Tearing Peacock" form. "It feels pretty, but at the same time it's strong," she said. Her favorite movements in the kata are the mimicking of the peacock fanning its feathers open and then striking and ripping.

ANNOUNCEMENTS

World Pre-Registration:
All competitors pre-registered for the World Championships by July 13, 2009 will receive preferential bracketing in Kata. Seeded competitors must pre-register in order to receive their seed. Pre-registered competitors also receive a free general admission ticket to the Finals ($10.00). The competitor must have room reservations at the Hilton Hotel to receive pre-registration benefits.

Rules & Referee Certification:
The next Rules & Referee Seminar for certification will be held Thursday, July 30th at 7:00 pm during the World Championships. The Score Keepers & Time Keepers Seminar will be held in conjunction with the Rules Seminar. Participation is encouraged.

USKA RuleBooks:
The latest USKA Rulebooks will be available at the World Championships.

Alliance Hall of Fame Meeting:
The next Alliance Hall of Fame Meeting will be held on Friday, July 31st, at 8:00 pm during the World Championships.

USKA 2008-2009 National Points:
The Final Standings for the USKA National Points Competition will be handed out at the National Awards Ceremony during the World Championships on Saturday evening, August 1st, at 7:30 pm.

USKA 2009-2010 National Points:
The new USKA National Point Year began on May 7, 2009, and will go through May 6, 2010. Look for a USKA tournament near you! We will begin to post the points on the website at www.uska.net after the 2009 USKA World Championships.

USKA SUPPLIES

USKA Patches	$6.00	Order by mail:
USKA Lifetime Member Patches	$6.00	USKA
USKA Polo Shirts	$35.00	P.O. Box 8643
		Albuquerque, NM 87198
		(505) 872-1091

This was the second year Mr. Rajic competed in Nationals and his first grand championship from the annual event.

Mr. Rajic, 38, has trained in karate for more than three decades. He studies at the Arizona Kodkan in Scottsdale under **Kimo Wall**, and works as an architect.

In the Women's Black Belt Kumite Grand Champion competition, California's **Tracie McAlister** beat last year's champion, **Katy Chalamidas**, as well as **Susan Watts**, both of Louisiana.

Tracie McAlister

"Katy is strong and likes to go to the head. I used my reverse punch against her and I think the timing was just right for me and made the difference," she said. "Susan likes to double up her kicks. It works really well for her. I found that if I could block or catch her first kick, then I could follow it up with something else, usually a short punch underneath. I tried to take away her ability to throw that second kick but sometimes I walked into it."

This is Ms. McAlister's first grand champion win in fighting at Nationals. In 2003 she won the Adult Black Belt Grand Championship in kata, becoming the first woman in 10 years to hold that honor.

At the time, Ms. McAlister performed "Bunchin," a kata created by her father, martial arts luminary **Stan O'Hara**. She performed the kata at this year's Nationals also, winning first place with it in the runoffs but then being edged out in the grand champion final rounds.

Ms. McAlister, 34, is a Goju Ryu stylist who trains under her father at the Goju Ryu Karate-Do of Bakersfield, Calif. She works as a neo-natal intensive care nurse.

Fourteen-year-old **Gaven Nickel**, a brown belt from Tucson, Ariz., took home the trophy for Junior Weapons Grand Champion. Mr. Nickel performed the oar kata "Shitahaku No Eku."

"It's like the best kata in the world. It just comes natural to me," he effused following his victory. "I also work the tonfa, bo and sai, but the oar is definitely my

Martial Arts Consulting Business Seminar for school owners. Sign up may be done at the tournament site registration table. Three-person Team Weapons Kata will be held on Saturday, August 1st. Medallions will be awarded to the 1st – 4th place winners. The Martial Arts School Owners Consulting Seminar will be held on Friday, July 1st at 8:00 am. The seminar will be free to all USKA School Owner members. **James Lee**, the USKA Colorado State Representative, will be conducting the seminar and sharing marketing skills and techniques to help you take your school to the next level.

The USKA National Points Competition Bushido Awards will be presented on Saturday, August 1st, during the **National Awards Ceremony & Social at 7:30 pm**. The top ten receive Bushido Award Certificates and the top three receive trophies. (National Point Standings are enclosed.) Other awards and presentations will also be made at this time.

We look forward to seeing you in New Orleans July 30th to August 2nd as we enjoy the sites, sounds, and tastes of New Orleans during the World Championships for the last time this decade! Be sure to mark your calendar to attend the 2010 USKA World Championships in Dallas, Texas!

THANK YOU FROM THE USKA DIRECTORS

James H. Hawkes & Dr. David Jordan, directors of the United States Karate Alliance, would like to thank everyone who attended, participated, coordinated, and helped to make the 2009 USKA Nationals a great success. "We enjoyed the outstanding competition as well as the martial arts spirit shared during the event.

James H. Hawkes & Dr. David Jordan

We look forward to seeing you again in the Spring of 2010!"